

Rosehips offer wealth of health benefits

Rosehips: The Natural Vitamin C

Rosehips are the fruit of the rose bush. When the blossoms are left on the plant, seed-pods develop, turning a deep orange or red in the fall.

Rosehips can be enjoyed fresh or can be dried for future use. Besides being delicious, they are incredibly rich in nutrients.

Rosehips are reported to have up to 60 percent more vitamin C than lemons or oranges. In addition, they contain vitamins B, E, K, pectin, beta-carotene, bio-flavonoids and minerals.

As a result, rosehips exert a strong antioxidant effect, protecting against colds and flus, shielding the immune system and various organs and tissues from oxidative stress. Rosehips' high pectin content, a dietary fiber, is recognized to improve blood cholesterol, blood pressure, digestive efficiency, heart health and overall wellness.

Clinically proven to promote fullness and suppress hunger cravings, rosehips may be helpful for healthy weight management. If you are prone to urinary tract infections, you might be interested to know that some people drink rosehip tea to prevent recurrences.

Studies have also shown that rosehips can help prevent the development of kidney stones. Additional studies have proven rosehips to be helpful to the circulatory system, respiratory system, the thyroid gland and as a blood cleanser.

Other health benefits include lowering abnormal body heat, relieving thirst, healing internal hemorrhaging, an aid for dysentery, strengthening the stomach, preventing and helping relieve chest infections and coughs, cleansing the kidneys and bladder, preventing fluid retention, assisting with gout and rheumatic conditions, as well as nourishing the skin.

As a gentle stimulant, they allow healthy bowel movements. Rosehips are extremely alkaline and can restore the natural acid/alkaline balance of the body. You may also want to know that recently rosehips have been recognized in easing headaches and dizziness.

Having these amazing benefits, you may



want to plant a rose bush this spring to harvest the rosehips in the fall. Please check with your local nursery for the right species. Rosehips are also available in dried form, either whole or seedless at the Herb Stop or other places.

Do you want to add extra vitamin C to your daily diet? Here are some of my favorite ways to prepare these luscious fruits:

Rosehip Jam Made Easy

Place 2 ounces seedless rosehips into a bowl. Add enough apple cider to cover. Let stand overnight. Enjoy for breakfast or anytime. To make a superb dessert I add a little heavy cream to my rosehip jam. Y-u -m-m-y!

Rosehip Tea

Pour 8 ounces of boiling water over 1 tbsp of seedless rosehips, steep for 15 min, then strain. Enjoy as is or sweeten with honey. You can drink this tea warm or cold.

Rosehip Wine For Circulation

If you want to improve your digestion and increase blood flow, you may want to prepare a rosehip wine. In a glass jar with tight lid steep 4 ounces of rosehips in 1 quart of dry red wine for two weeks, shaking it once a day. Filter and store in a glass bottle with tight lid. Drink 2 ounces every day, preferably before dinner.

Thirst Quenching Tea

Take a pinch of each of the following to make a delicious tea, either hot or cold: rosehips, mint and linden. Pour 8 ounces of hot water on this mix and let it steep for



20 minutes. Sweeten lightly and add a little lemon juice, if desired.

Tip: Put rosehips into soups and stews after using them for tea, since the steeping process doesn't extract the full load of vitamins. Rosehips give an interesting flavor, similar to lemongrass in Thai cooking.

The products discussed in this article can be purchased at the Herb Stop, 4004 N. Hwy 87 in Pine. If you have questions, Leilah can be reached at (928) 476-4144 or by e-mail at Leilah.b@HerbStopOnline.com.

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